

Maximum Marks:40

CLASS	SECTION	EXAM CODE
6	ROSE	4199631
6	TULIP	4199621

Him Academy Public School - Hira
Nagar

- 1**

**SECTION A**

Q: 1 Which of the following is TRUE about a balanced diet?

- 1** It includes the same amounts of nutrients for all people of all ages.
- 2** It involves consuming excess amounts of carbohydrates for energy.
- 3** It includes all nutrients, water and dietary fibres in the required amounts.
- 4** It involves completely eliminating some nutrients like fats from the diet.

Q: 2 Shikha, 12 years old, loved apples and decided to eat only apples for a month. Which of the following will happen as a result?

- 1** As apples do not contain all nutrients, she may become unhealthy.
- 2** More apples eaten will be converted to fats and stored in her body.
- 3** Apples are healthy food items and hence she will remain healthy.
- 4** Apples do not contain too much water and hence she will not have any energy.

Q: 3 Aaditya is 8 years old. He is not getting enough proteins in his diet. What should he add to his diet to get more proteins?

- | | |
|--------------------------------------|-------------------------|
| 1 fruits and leafy vegetables | 2 nuts and seeds |
| 3 rice and wheat | 4 oil and butter |

Q: 4 Which of the following is likely to happen if a 10-year-old girl does not get enough food?

- P. Her weight will decrease.**
- Q. Her height will not increase.**
- R. She will fall sick more often.**

- | | |
|-----------------|----------------------------------|
| 1 only P | 2 only Q |
| 3 only R | 4 any of them - P, Q or R |

Q: 5 Four friends were talking about the food we eat. Here is what each of them said.

Kaustubh: "It gives us energy to walk, run and lift things."

Shailaja: "It becomes a part of our body."

Jayasree: "It helps to fight diseases."

Aarthi: "It is needed for the functioning of organs like the heart, brain and lungs."

Who is correct?

- 1** only Kaustubh
- 2** only Kaustubh and Jayasree
- 3** only Kaustubh, Jayasree and Aarthi
- 4** all - Kaustubh, Shailaja, Jayasree and Aarthi

Q: 6 Deficiency of iodine causes goitre. Which of the following is rich in iodine?

- | | | | |
|-------------------|------------------|-------------------|---------------|
| 1 potatoes | 2 carrots | 3 sea salt | 4 milk |
|-------------------|------------------|-------------------|---------------|



Q: 7 Two statements are given below. One is labelled Assertion (A) and the other is labelled Reason (R). Read the statements carefully and choose the option that correctly describes statements A and R.

Assertion (A): Vitamins and minerals are termed body-building foods.

Reason (R): Vitamins and minerals are required by the body to help us fight diseases.

- 1** Both A and R are true, but R is not the correct explanation of the assertion.
- 2** Both A and R are true, but R is the correct explanation of the assertion.
- 3** A is true, but R is false.
- 4** A is false, but R is true.

Q: 8 Geo wanted to know from where our body gets the water it needs. This is what his friends told him.

Archana: from the water that we drink

Shafique: from other liquids that we drink

Rafi: from the food that we eat

Who is correct?

- 1** only Archana
- 2** only Archana and Rafi
- 3** only Archana and Shafique
- 4** All of them are correct.

Q: 9 Rahul took 4 objects - a plastic ball, a key, a marble and a paper cup. He dropped each of them in water one by one and noted down some points in the table below.

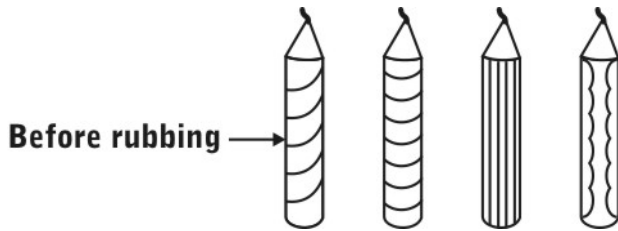
	Floats	Sinks
Plastic ball	✓	
Key		✓
Marble		✓
Paper Cup	✓	

What was Rahul trying to find out?

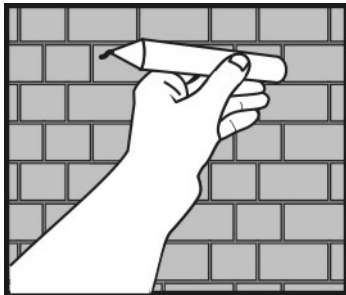
- 1** Which object floats the best?
- 2** Which object can sink the fastest?
- 3** Which object can float for the most amount of time?
- 4** Which object floats and which object sinks?



Q: 10 Shalin had four different types of candles.



He held each candle as shown in the picture below and rubbed each of them on a brick wall for a minute, in the same way.



Shown below are the candles after rubbing them. Which candle is the softest?



Q: 11 The following objects all have the same thickness. Which one would be the hardest to break?

1 a pencil

2 a metal pipe

3 a wooden stick

4 a piece of chalk

Q: 12 Which of the following is opaque?

1 Cooking oil

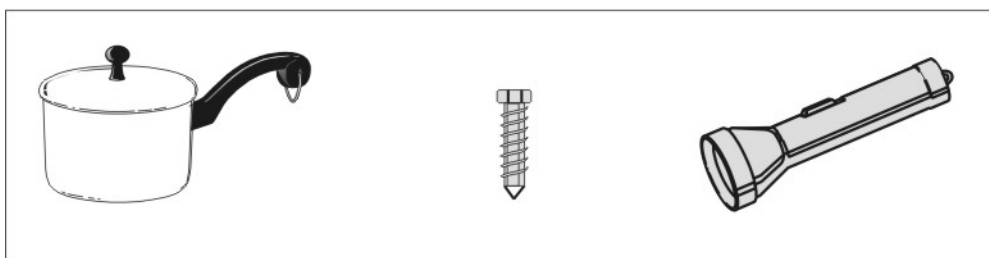
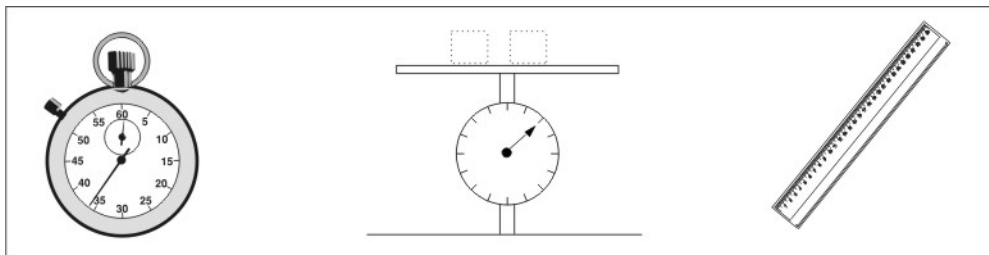
2 A mirror

3 Spectacles

4 River water



Q: 13 The teacher of a class sorted out certain objects into two groups. On what basis has the teacher sorted them?



- 1** whether the objects give light or not
- 2** whether the objects are circular or not.
- 3** whether the objects are useful to us or not
- 4** whether the objects are used for measuring or not

Q: 14 Study the table given below.

Natural	Human-made
Soil	Candle
Thorns	Clouds
Moon	Chair
Rain	Watch

Which of the following has been put under the WRONG heading?

- 1** Thorns
- 2** Moon
- 3** Clouds
- 4** Watch

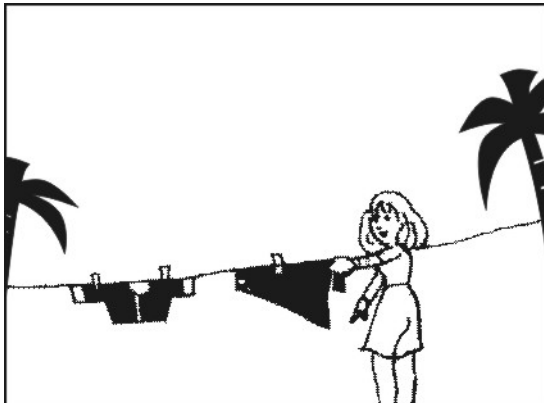
Q: 15 Nina had a mixture of grains and water. Which method can be used to separate grains from water?

- P.** sieving
- Q.** threshing
- R.** filtration
- S.** winnowing

- 1** only R
- 2** only P and R
- 3** only P, Q and R
- 4** all - P, Q, R and S

**Q: 16**

Sneha with her parents went to the Marina Beach in Chennai and had a swim in the sea there. After coming home, Sneha put her wet clothes to dry in the hot Sun.



After a few hours, which of the following would have happened?

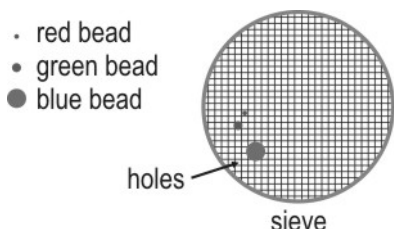
- 1** The clothes would be dry because the salt and the water would have evaporated.
- 2** The clothes would be dry but the salt would still be present on them.
- 3** The clothes would be wet because water cannot evaporate from the salty clothes.
- 4** The clothes would be wet because there is no wind to dry them up.

Q: 17 **Ashok has some marbles of different colours. All of them are of the same size. He wants to separate all the red marbles from the others. Which of the following methods can he use to do this?**

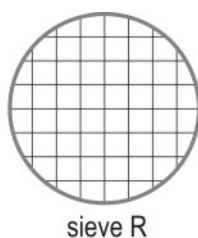
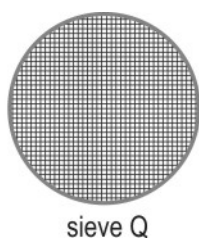
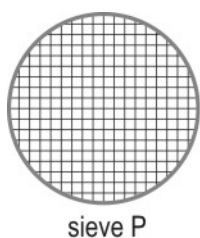
- 1** sieving
- 2** threshing
- 3** winnowing
- 4** hand-picking

Q: 18 A sieve has a net which allows substances of only a certain size to pass through its holes.

The sieve shown here allows red beads to pass through it. It does not allow green and blue beads to pass through it as the holes in the sieve are smaller than those beads.



Which of the following sieve(s) can be used to SEPARATE red and green beads FROM the blue, beads?



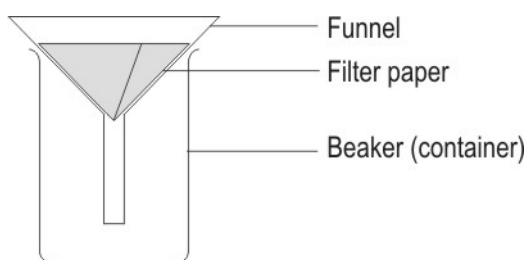
1 only P

2 only Q

3 only P and R

4 only Q and R

Q: 19 The set-up shows an apparatus for FILTRATION. This set-up can be used for separating which of the following mixtures?



1 salt and sugar

3 petrol and water

2 sugar and water

4 sawdust and water

Q: 20 Winnowing is a method of separation where heavier components of the mixture are separated from the lighter components with the help of wind. Which of the following mixtures can be separated using winnowing technique?

1 sugar and water

3 groundnuts and straw

2 pebbles and stones

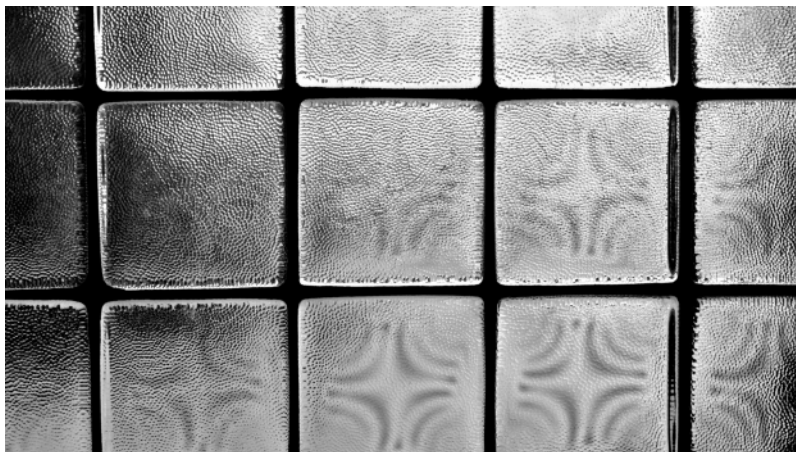
4 salt and chalk powder

SECTION B



- Q: 21** (a) How does fibre-rich food help us? [2]
(b) Give two examples of food that contain fibre.

- Q: 22** Look at the type of window in Nita's house shown below. [2]



- (a) With reference to the passage of light through it, name the property of the glass used to make the window.
(b) Define materials having this property.

- Q: 23** Describe how the seawater is collected in salt pans and how salt is obtained. [2]

- Q: 24** When Sushil added salt to a glass of water, he saw that some salt was still present at the bottom of the glass even after 15 minutes of stirring. [2]

What could be the reason for this observation and how can he ensure that some more of the salt dissolves in water?

SECTION C

- Q: 25** Kanika was suffering from bleeding gums. The doctor said it was due to a particular disease. He did not give her any medicine but told her to eat more of certain foods to get well. [3]

- (a) Name the disease Kanika was probably suffering from.
(b) What type of foods could the doctor have told her to eat in larger quantity?
(c) Identify the food component that is likely to help her get better.

Q: 26 Given below are the tests for food items :

[3]

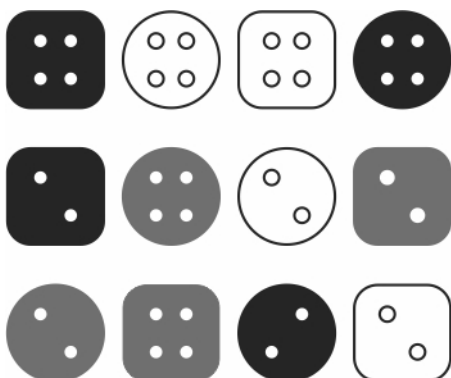
	Procedure	Positive Result
Starch	Add 2-3 drops of iodine	Bluish-black colour
Protein	Copper sulphate + Caustic soda	Violet colour
Fats	Rub the sample on paper and let dry	Oily patches on paper

Virat's school gave him the following lunch: french fries, a peanut butter sandwich and a glass of whole milk.

- (a) If Virat suspects his milk has been mixed with rice flour, which test should he perform?
- (b) Virat scrapes off the peanut butter and adds copper sulphate and caustic soda to it. What result will he observe?
- (c) Name two components of his lunch that would test positive for fat.

Q: 27 The picture shows buttons of different types.

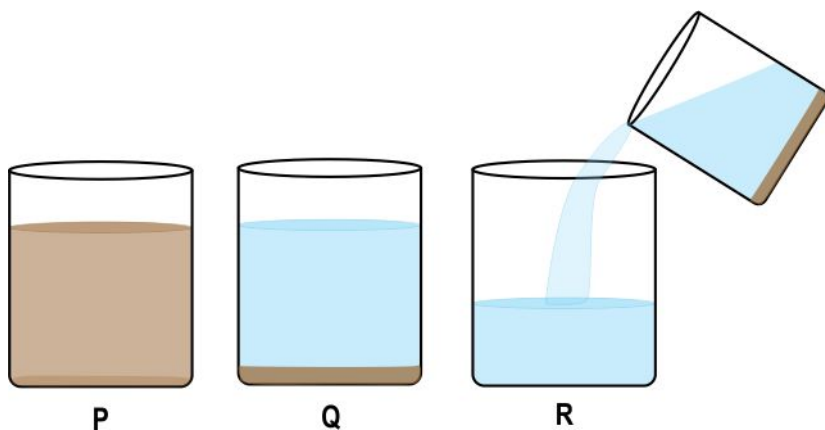
[3]



List any three criteria that can be used to sort these buttons into exactly three groups.



Q: 28 Aditi had a glass of a certain substance in water as shown in P. She used the method [3]
shown below to separate the substance from water.



- (a) Name and explain the processes shown in Q and R.
(b) What kind of substances can be separated from water by the method shown above?

End of Questions in Paper

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